

Jump Rope for Heart 2010

Dear Parent/Guardian (grades 1-4),

It takes heart to be a hero! I'm thrilled that our school is participating in a very special community service program: the American Heart Association's Jump Rope For Heart.

By participating in Jump Rope For Heart, your child will join millions of other children across the country in a meaningful opportunity to learn and help others. They will learn how their hearts work and how to take care of them through physical activity and nutrition. And they will learn about children who have been affected by cardiovascular disease and how they can help them. In short, your child will have fun and feel good by helping others.

Help your child get involved! First sign and return the permission slip. Then help them with their learning and with their fundraising! The students will also be practicing new jump rope skills. Your child will also have the opportunity to raise money to help others who have cardiovascular disease, including kids! You can help by asking friends and family to give in support of your child's efforts. The American Heart Association website makes it easy. Your child can set up a Web page and you can e-mail friends/family to make secure donations. Visit americanheart.org/jump to get started.

We are really excited about this year's Jump Rope For Heart event and the experience it offers our students. The children will be participating in a jump rope celebration event during their physical education classes in the last week of February to honor all of their hard work. We hope you will support your child's participation in this lifesaving, educational event. To learn more about the American Heart Association, Jump Rope For Heart, how children are affected by heart disease and how to keep your own family healthy, visit americanheart.org/jump.

Let's help our children be heart heroes!

Please return the donation forms after February vacation and before March 5th

Sincerely,

Mr. DeMayo

The 1 million Jumping Challenge

Dear Lilja Families,

Earlier this month, I posed a challenge to the entire school. The challenge is to jump 1 million jumps during the month of February while the students are in school to celebrate jump rope for heart month. These jumps could be completed in the classroom, at recess, or during their regularly scheduled physical education time. The entire Lilja community has been pitching in to reach this shared goal. As I walk down the hallways, I see teachers with their students jumping back and forth as they wait to enter their daily special (art, music, phys ed). The students are eagerly approaching me asking to borrow jump ropes to use at recess time. They return and record (on a sheet of paper) the numbers of jumps they performed while outside. At the end of each day, I total all of the jumps. The next morning, I make an announcement over the intercom telling the students the amount of jumps performed the previous day and how close they are to their 1 million jump goal. I am happy to say that the school is right on track to reaching our target goal. Dr. Brown has also agreed to go into every classroom in the school and jump rope if we reach our goal.

I developed this challenge to get the children exercising, to bring the school together for a common goal, and to honor the AHA for all the great work they do. Jumping rope is a great form of aerobic exercise that strengthens both the heart and muscles. Aerobic exercise is one piece in the prevention of heart disease as well as eating a healthy diet. My classes also discussed the differences between saturated and unsaturated fats and their effects on the body. The students viewed a model of a clogged artery and discussed how exercising and eating healthy can prevent heart disease. Let's unplug those video games and computers and jump our way to a healthier future.

Important Facts:

- *About 36,000 children are born each year with a heart defect*
 - *Childhood obesity is our nation's leading health threat. 1 in 3 children and teenagers are overweight or obese.*
 - *Overweight adolescents have a 70 percent chance of becoming overweight adults.*
 - *According to the U.S. center for disease control and prevention, 1 in 3 individuals born in the year 2000, will develop type 2 diabetes. If this trend continues, this generation will be the first in American history to live shorter lives than their parents.*
 - *Heart Disease and stroke are the No.1 and No.3 killers of all Americans.*
- *Studies have shown that increased physical activity helps stimulate the cerebellum (the part of the brain where learning takes place) and is linked to improved academic performance.*

